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THE FLYER

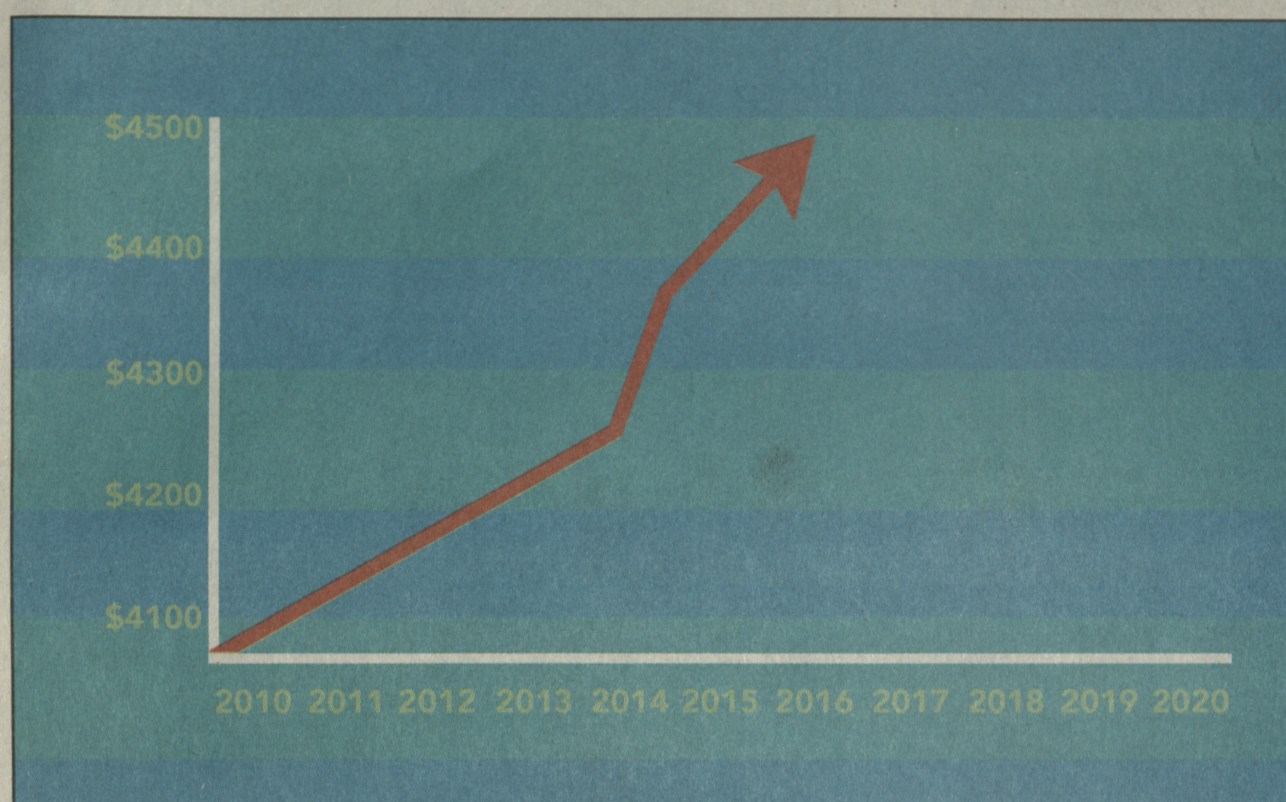
Salisbury University's student voice

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FREE

Dudley-Eshbach says tuition could continue to rise due to budget cuts



Madison Fox Graphic

Although the tuition raise and future raises could be difficult for students to manage, President Dudley-Eshbach and her team have been working to make sure this budget cut does not take too much of a toll on the students or staff.

BY TIMOTHY YOUNG

Staff Writer
@mctinyoung

Salisbury University experienced a raise in tuition for the 2015 spring semester and may be subject to more increases due to budget cuts in the University System of Maryland (USM).

SU President Janet Dudley-Eshbach held an assembly for faculty and students on Thursday to address the recent budget cuts and raised tuition costs that were originally announced earlier this year.

"I hope today will dispel all of the rumors," she said. In total, all colleges in the USM have had their budgets cut by over \$40 million in an attempt to make a dent in the large USM 18-month deficit that has reached over \$1 billion.

An announcement about the budget cut was sent out in an e-mail to all SU students and faculty and outlined SU's plan to deal with the heavy cuts this year. Of the \$40 million dollars

cut from the USM, Salisbury needed to cut \$1,504,566.

Among the cuts, there was a two percent increase in the spring semester tuition, or \$62 for full-time students and five dollars per credit hour for part-time undergraduate students, amounting to savings of \$341,000 for the school.

According to Dudley-Eshbach, the rise in tuition could have resulted in saving over \$400,000, but those deemed to have financial issues have been exempted from the extra \$62 increase.

Currently, SU is one of the four Maryland schools that decided to raise tuition to offset the cost of the budget cuts. The other schools include University of Maryland-College Park, Towson University and Frostburg University.

Although the tuition increase does not seem drastic on the surface, some students are having a hard time making up the difference.

SU sophomore Nadya Lee said that she was frustrated with having to pay more on top of all her other school expenses; "it just feels like they're taking another job at us," she said.

However, some students are fine with having to pay a little more for tuition.

"If this is what it takes to fix the budget, a few extra hundred dollars in the long run isn't that big of a deal," transfer student Daniel Inscoc said.

Back in November, SU administration was told to expect a cut in the budget. With this knowledge, they began to prepare for cutbacks. At the time, they were expecting a cut of eight million dollars.

However, this new \$40 million deficit was five times more than the number they were originally given back in November.

In regards to the money that was still being spent on the academic commons construction, Dudley-Eshbach described that those construction assets were coming from a different set of funds.

"They're separate pots of cash," she said. "You've got your capital funds, which are your construction project money, and you have your operating funds, they're not (interchangeable)."

If the university does not use their capital funds for the construction of the new commons, the funds will be given to another school.

"We're looking under rocks to try and find more ways we could save," Dudley-Eshbach said.

Along with the budget cuts that were implemented, there was also a removal of the increased two percent cost of living adjustment (COLA) that all state employees had received in January.

They will also not receive a COLA or a merit for the following year.

For the professors at SU, that COLA now must be treated like a small bonus, as their salaries will be lowered back to their original amount in early July.

In addition to the tuition increase and the removals of the COLA and the merits, a statewide tuition increase may also have to be implemented.

This would bring down the original USM deficit from \$96.5 million to \$25.5 million. If the deficit is split among the Maryland universities proportionally, SU's portion will be a little under \$1 million.

This amount of savings will only be plausible if all Maryland universities agree to raise their tuition by 5%.

Dudley-Eshbach is planning on meeting with the Student Government Association to discuss her reasoning for the raised tuition.

"We're in for some tough years," said Dudley-Eshbach. "But this is what I do."

SU students visit Cuba in midst of historic policy shift

BY REED SHELTON

Staff Writer
@ReedAShelton

Despite a long-standing animosity between the United States and Cuban governments, a small group of Salisbury University students recently visited the Caribbean country right on the heels of a historic change in relations between the two countries.

"Cuba at a Crossroads," the name of the trip organized by SU's TRiO program brought eight graduate and undergraduate students to the small island nation from Jan. 16-24 to encounter a culture much unlike what the rancor between the two countries might suggest.

This trip was TRiO Project Director Vivian Shannon-Ramsey's second visit and as both organizer and chaperone of the journey, she had hoped to give students the opportunity to see Cuba for themselves in hopes that students look beyond its reputation as a sworn enemy of the United States.

"One of the first things (the students) said was, 'I honestly didn't expect to see this when I got here. I expected to see something a little different,'" Shannon-Ramsey said. "I think they expected to see extreme oppression, unhappy people and poverty on every corner and in Cuba it's not like that at all."

It appears that the U.S. and Cuba are similarly looking at one another with fresh eyes by showing the first significant signs of a thawing relationship.

Unknown to the Salisbury students until they had flown to Tampa en route to Havana, was that President Obama had, on that same day, eased travel restrictions on tourists traveling between the two countries which have been estranged for decades.

Julia E. Sweig, a longtime scholar and author on Cuba, said that this is essentially the



Vivian Shannon-Ramsey submitted photo.

The international students became accustomed to Cuban culture through art, music, public policies, and interacting with locals.

end of the travel ban.

"At first glance, the new regulations look to allow most Americans to travel to Cuba without having to ask for permission in advance and by booking air travel directly rather than through authorized groups and agencies," Sweig said.

While the lessening of travel restrictions is in line with Obama's stated intention to try and normalize relations with Cuba and sets the stage for embassies in either country, "this does not necessarily mean that the 64-year-old U.S. embargo is destined to disappear," said Professor Eric Rittinger of SU's political science department.

"That's where the political battle is going to take place, because Congress has to lift the embargo," Rittinger said. "But now there's growing public pressure to not just normalize diplomatic relations, but actually normalize

economic relations."

The impact of the U.S. embargo on Cubans was somewhat realized by the students even before they landed in Havana. They were told to pack toilet paper — something of a luxury in Cuba — and upon landing, they noticed the prevalence of antiquated, pre-Cold War vehicles, rare in the U.S. today yet endlessly rebuilt with recycled parts in Cuba. This is made necessary by the extremely limited access to new vehicles and materials resulting from the embargo.

SU senior Joseph Tynes, who is studying social work, spoke about witnessing firsthand the ability of Cubans to live without many of the comforts that exist in America.

"We talk about all the things they might not have, but to see their attitude in the midst of disparity, whether it be economic disparity or social problems that surface, is amazing,"

Tynes said. "It's genuinely proud. They're proud of their heritage and proud of what they have."

As the trip was classified as an independent study program, there were opportunities to learn about aspects of Cuba that centered on each student's individual areas of study.

23-year-old nursing major Shannon Jordan wanted to expand her understanding of health care by visiting one of the many community clinics and learn more about how their system of socialized care functions.

"For me, I wanted to know how they did public health," Jordan said. "They have clinics and community doctors, so I wanted to learn how it worked. My takeaway is that you need to base your health care system on prevention. If you prevent it at the beginning you don't have to pay all sorts of expenses down the road."

Aside from education, one of the stipulations of the trip was it had a focus on community service. To fulfill this, SU students worked at a primary school, helping young Cuban schoolchildren by painting and holding impromptu English lessons.

The group also had the chance to explore the historical district of Havana, meet with a grassroots community program that educates young people on sustainable development, speak with local artists, and visit the remnants of colonial-era coffee plantations, along with myriad opportunities to have fun as students immersed themselves in a culture unlike their own.

TRiO plans on hosting another trip to Cuba in November. Interested parties can contact TRiO Program Director Vivian Shannon-Ramsey on campus in the Guerrieri University Center room 228 or by phone at (410) 677-4857.

U.S. Greek-life remain subject of bad publicity

ΦΚΨ

Madison Fox Graphic

BY SAMUEL STEVENS
Staff Writer
@SamuelJ_Stevens

Greek organizations across the country have been under increasing scrutiny over the past several months, from allegations of sexual assault and rape at fraternity parties to sometimes brutal (or even deadly) hazing rituals.

The Rolling Stone magazine article, "Rape on Campus," has proven to be highly sensationalized and lead to the shutdown of all Greek organizations at the University of Virginia, but the rape scandal has not been the first scandal surrounding fraternities.

The Sigma Alpha Epsilon fraternity members have forced pledges, or "recruits" to drink, dress in drag and sit in a basement without food or water for hours in 2012, a Bloomberg Business article reported.

Rolling Stone's extremely graphic article, focusing on the alleged attack on a UVA student identified as Jackie, wrote that Jackie claimed members of the Phi Kappa Psi fraternity sexually assaulted her as part of an initiation ceremony for pledges.

The article stated that Jackie experienced severe psychological trauma from the alleged attack and had physical wounds from being thrown onto a glass table.

Rolling Stone also alleged UVA actively covers up sexual assault incidents on its campus, despite hosting the "first ever sexual assault summit for college administrators" in February of 2014.

However, in December 2014 the magazine published a statement in which they noted "discrepancies in Jackie's story." The statement came after additional investigation and reporting by The Washington Post.

Despite this, the uproar over the UVA "attack" brought about a National Pan-Hellenic Conference, the international governing body for sororities, to issue a statement denouncing

sorority members from taking part in fraternities' bid night activities at UVA.

Despite the inconsistent UVA story, a 2012 piece also from Rolling Stone revealed the often extreme hazing practices and binge drinking culture within America's fraternities.

The exposition, titled "Confessions of an Ivy League Frat Boy: Inside Dartmouth's Hazing Abuses," revealed how one of America's elite institutions, Dartmouth University, is rampant with fraternity hazing abuses.

The university has had a long standing Greek Life culture, while at the same time producing two United States Treasury Secretaries, a U.S. Secretary of Labor and numerous heads of major financial institutions.

The 2012 article cited five other universities that have shuttered their Greek organizations altogether, proving that this dark fraternity culture is clearly not limited to the Ivy League.

Salisbury University, for example, is not without controversy.

The Sigma Alpha Epsilon fraternity members have forced pledges, or "recruits" to drink, dress in drag and sit in a basement without food or water for hours in 2012, a Bloomberg Business article reported.

Representatives from Delta Gamma, Alpha Sigma Tau, Alpha Sigma Phi, Pi Lambda Phi and Student Activities did not respond to multiple requests for requests for comment.

Other universities across the country have also come under investigation for incidents, such as West Virginia University and Clemson University for deaths of pledges.

A January 2014 Bloomberg editorial called for the ban of fraternities altogether, citing the binge drinking and hazing related deaths that occur within them. The editorial also accused the "homogenous" Greek organizations of being at odds with campus diversity, an important goal of many university administrators.

Blog site, "Total Frat Move" bit back, publishing a vitriolic response and picking apart the Bloomberg piece almost line-by-line.

The response also included data on Greek organization members' higher academic performance than "independents."

Fraternities have often been characterized in popular culture as proponents of alcohol-fueled parties, but some Salisbury University students outside the Greek system didn't see much problem with the organizations themselves, many saying that Greek-associated parties and events are a way to relieve stress.

"(Greek events) are just away for people to socialize," freshman Shannon Noah said.

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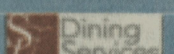
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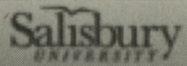
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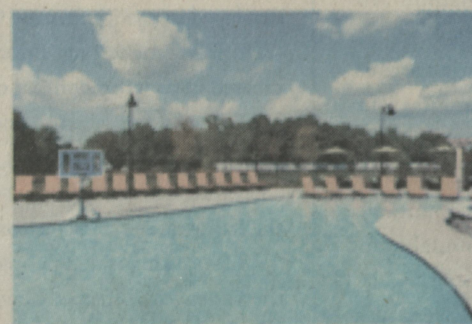
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Overheard: Do you think that SU should impose more restrictions on greek life and hazing?



Unless the hazing gets out of control, then they should be allowed to do their own thing. If the hazing gets dangerous then yes, there should be restrictions. - Leah Bernstein, sophomore



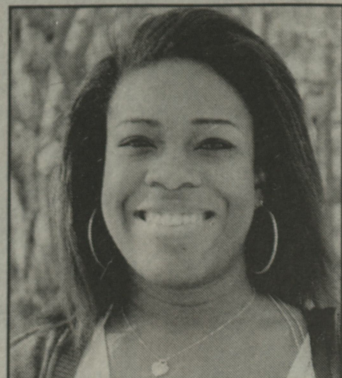
Based on past events, I think there is definitely reason to put more restrictions in place, but I'm not sure what they can really do. - Callie Brown, sophomore



There should be more restrictions but actually putting them in place might be difficult. I don't think that anyone deserves to be hazed. - Megan Spence, sophomore



They should have more restrictions. Some of the hazing isn't a big deal, but a lot of it is too much to go through just to join an organization. - Andrea Bland, sophomore



Hazing can be really harmful, especially emotionally, so yes I think there should be more restrictions. - Brittany Wright, junior

The Flyer

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The Flyer strives for accuracy and corrects its errors immediately. If you believe The Flyer has printed a factual error, please email us.

OPPOSING VIEWS

Speak for free

BY B.J. DARDEN
Staff Writer

Following the recent tragic shooting in France a lot of commotion has begun to spread about the topic of "freedom of speech."

Should there be a line that we draw in the sand and say, "Ok we can talk about whatever we want and criticize it... except for everything on the other side of this line."

One of these topics is religion.

Some people feel that suggested critics and artists should be wary when criticizing religion.

These people are not alone, as the pope also came out and said that freedom of expression has its limits, particularly with religion. Pope Francis said that those who criticize religion are provoking the reaction that comes their way, even though he has come out against violence in the name of religion.

What kind of world would we live in where entire topics are barred from conversation because we're scared, more or less. It's a saying that gets thrown around far too often, but this is letting the terrorists win.

I don't want to have to write an article, expressing my opinion, only to have to scrap it because I'm afraid I'll piss the wrong people off? No. I write editorials, so everything that you read is really just my opinion, but one day it is bound to upset someone, and on that day I doubt I will be picked up and thrown off a bridge.

But, that is probably because I write articles about how upset it makes me when people make fun of my coffee.

Therein lies the problem though. At the end of the day what someone thinks about the coffee I drink does not really affect me. It might hurt my feelings a little, but I still enjoy drinking Ice Cinnamon Mochas.

When a topic becomes untouchable is when it becomes dangerous. The Westboro Baptist Church has a right to come to a military funeral flaunting hate filled signs, and I can do the same to them.

I do not have the right to pelt them with rocks or commit other violent acts. If I did, it would be me who should be held accountable. Exactly how the gunmen in Paris are going to be held accountable for their actions.

If you do think it is a problem, notice how Kobi and I were able to have this discussion without ever threatening to kill each other.

The Flyer publication change

Journalism is a malleable industry that changes with each passing year. In order to keep up with our increased readership and the demands of today's ever-advancing technology, The Flyer is cutting back on our print editions. Therefore, the majority of our stories will be found online at www.thesuflyer.com. We encourage you to continue utilizing our news-delivery services and to get involved with our organization through Facebook and Twitter. In the near future, we will have a mobile application that will better serve the SU community. The Flyer thanks you for your continued support.

Freedom of speech can go too far

BY KOBI AZOULAY
Staff Writer

The right to free speech is a virtue that many people in Western civilization value tremendously. It is one of the most important aspects of a free society.

Lately, this right has come under vicious enemy fire. Literally.

Controversial cartoons depicting the Islamic prophet Mohammed in provocative ways, created by satirical magazine Charlie Hebdo, spurred a terrorist attack in Paris, France, killing twelve people.

Among those dead include four of the magazines well-known cartoonists. Reacting violently to an opinion you don't agree with is just downright wrong.

I can understand people of Islamic faith being offended by cartoons such as the ones created by Charlie Hebdo; many Muslims believe that it is forbidden to depict the prophet Mohammed.

However, nobody should ever have their life taken from them just because of something they wrote, no matter how disrespectful it might be.

This whole controversy has sparked a contentious debate surrounding free speech with two questions at the center of everything: Can free speech go too far? Should there be a limit to free speech?

Free speech can go too far, and people should be more mindful about saying disrespectful things regarding religion.

I can understand people disagreeing with or even criticizing a specific religion, but the cartoons created by Charlie Hebdo did go a little bit too far.

If someone were to create a cartoon of Jesus laying naked, posing as if he was filming a pornographic film, I can imagine the outrage that would be displayed in predominantly Christian countries.

Don't get me wrong, I don't believe that there should be any specific laws created in order to combat disrespectful free speech such as this.

That would go against one of the most important rights the human race has worked hard to achieve.

Creating an oppressive law such as limiting free speech would play right into the hands of terrorists across the world.

All I'm asking is that people make an effort to become more mindful about the variety of different viewpoints that exists.

Radical Islamists make up only a very small subsection of Muslims, but cartoons such as the ones published by Charlie Hebdo perpetuate the negative stereotype of the Muslim religion as a whole.

Throughout the entire history of mankind, humans have always been intolerant of perspectives different than their own.

When Americans fought for their independence from England, religious freedom was one of the most important rights that people demanded.

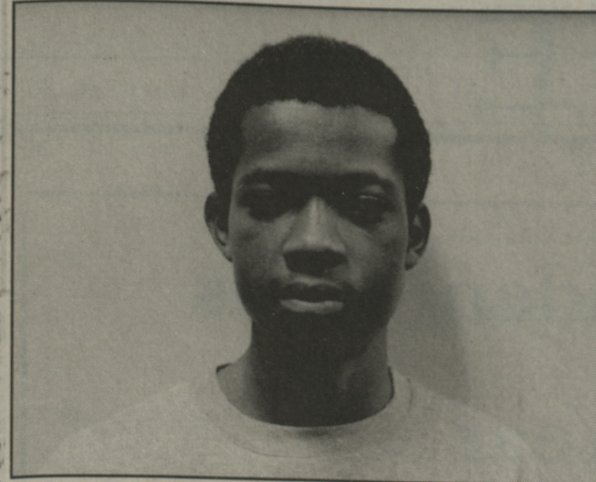
It had appeared that society had finally begun to turn the corner towards living in a truly tolerant world.

A recent Pew Research Poll shows that Americans aren't as close to religious tolerance as it once seemed, showing of the 76 percent of Americans who had heard of the cartoons, 60 percent believe that it's okay that they were published.

Most of that 60 percent cited the freedom of speech as their reasoning for the cartoons being okay, and I can understand that. Those writers had every right to publish those cartoons.

But in a world that is becoming more and more globally connected as time goes on, we must start taking the first steps towards accepting each other, no matter what views we might hold.

We've reached a moral fork in the road, and hopefully we pick the right path.



Majoring in debt

BY EMMANUEL ATUFU
Staff Writer

Are you a college student who loves being stressed? Do you enjoy being depressed?

Are you overjoyed when you're taken advantage of?

If you answered yes to any of these questions, then a life of paying back thousands of dollars in college debt may be right for you.

Every year, millions of students across America graduate high school and flock to college in hopes of a brighter future, with preconceived notions drilled into them through centuries of established culture and tradition that college is the only path to financial success.

Nowadays, when you ask someone their plans after high school they will most likely say college; and when you ask them what they will be majoring in, some might say theater, English, music or psychology. In my experience, though, the cliché answer has become business.

What these students do not realize, however, is that they are actually majoring in debt.

"Woah, this dude is right, we should all drop out of college right?"

No.

However, options must be weighed before your financial circumstances determine your future.

In my case, I was accepted to a private liberal arts college and it was a prestigious establishment.

When looking at a college, most usually look at the graduation and retention rates so that they can get a little glimpse of how good a school really is academically.

The college had an 82 percent, four year graduation rate. To put that into perspective, that is about the same graduation rate for highly selective colleges like NYU, Rice University and Scripps College according to U.S. News and World Report.

I decided not to attend this school because I did not want to get my bachelor's degree and be swimming in a pool of debt—sounds more like "pool of death" if you ask me, though.

And here is the kicker, this situation will not be getting better any sooner.

According to the Wall Street Journal, over 70 percent of the class of 2014 students who received their bachelor's degree will graduate with student loan debt.

According to USA Today, the average student will graduate with at least \$30,000 in debt and the figures climb well over the \$40,000 mark if you decide to attend a private school.

The funny part is this does not even factor the enormous amount of loans you have to take out to pay for graduate school. I plan on getting my Master's in Business Administration (MBA) after I graduate, so I will be in debt for a while.

"I'm planning on going to graduate school after my undergraduate years as well, but I do not want all that debt. What do I do? Help me!"

Well, the first thing you can do is pick a major that has a high Return on Investment (ROI) number.

If you major in subjects like math, economics, accounting, biology, engineering, finance, advertising/marketing, nursing, information systems, political science or computer science, you're probably good. You'll most likely be able to pay off your student loans in 15 years or less with your professional salary.

Now, if you're majoring in subjects like theater/drama, fine arts, philosophy, archaeology/anthropology, religious studies, sociology, film/photography, music or even psychology (gasp!), then you may not be able to pay off your loans for 30-plus years.

Most (if not all) college advisors or career counselors will tell undergraduate and graduate students that a good rule of thumb to remember is to borrow no more for their entire education than their expected salary at graduation.

The truth is hard to swallow, but you can't avoid it. So before you decide to waste your money on a major without potential, realize you are not just wasting your time, but you are majoring in debt.

TUNED IN

Fresh Off The Boat Review



BY DIAMOND HOLTEN
Staff Writer

It is Wednesday and before I begin my addicting 16-year ritual of Law & Order: SVU at 9 p.m., my eyes shall be glued on ABC as they premiere its new Asian-American Comedy, Fresh Off The Boat (FOTB), at 8:30 p.m., produced by the amazing Eddie Huang.

For those who are not familiar with who Huang is, you may remember the American Food Personality on MTV's summer TV series "Snack-Off," where he was the host. His show is based off his book "Fresh Off The Boat: A Memoir" detailing his Taiwanese family move from Washington, D.C. to Orlando, Florida, to open up a steak restaurant in the late 90's.

FOTB gets your head bobbing with a 90's music flow playing MC Breed's "Ain't No Future In Yo' Frontin'" as young Eddie dresses up in Orlando attire with an American culture feel to it. It is already well seen that the family's culture views are different.

Immediately you sense the views of the parents, Eddie and his two little brothers based on the move. The mother is dealing with culture shock between her own and Americans. She shows this a lot in her conversations between her and Eddie constantly confused as to why he wears "Black Men" on his shirts.

The father, who initiated the move, is the most thrilled for his restaurant business in a new setting instead of working for his wife's brother back in D.C.

Despite the hard adjustments, he is ready to live the American dream, even to the point of believing the best way at thriving in the restaurant business is to have a Caucasian person as a host.

Eddie and his two brothers, who attend two different schools, are learning to adjust, fit in and make new friends. His two brothers succeed while he does not.

Young Huang gets the clash of both worlds (American and Taiwanese) when he is first welcomed during lunch for the simple liking of his Notorious B.I.G. shirt, only to be brought back into reality once he removes his plastic top of his lunch container revealing a worm-like substance... noodles.

FOTB keeps constantly reminding you it is the 90's with references that will either give you a headache or a flashback, like the amount of times Shaquille O'Neal is referred to in this comedy.

To the non-sports fans in attendance, Shaq played for the Orlando Magic from 1992-1996. Seriously we get it... you are in Orlando.

Let us not forget the 90's era hip-hop music played repeatedly throughout the show. Am I watching a family adjust to a new life or am I being reminded that music was way better back then than now?

Each and every scene left you waiting for another Biggie song to play, totally forgetting the main concept of the show.

And where do I start with the humor they have subdued the viewers to? The average viewer will not be sure whether to laugh because it is supposed to be funny, or feel sorry because they are desperate.

One thing is for sure I am glad they moved the show to Tuesdays at 8 p.m. Now I can keep my sanity on Wednesdays watching SVU.

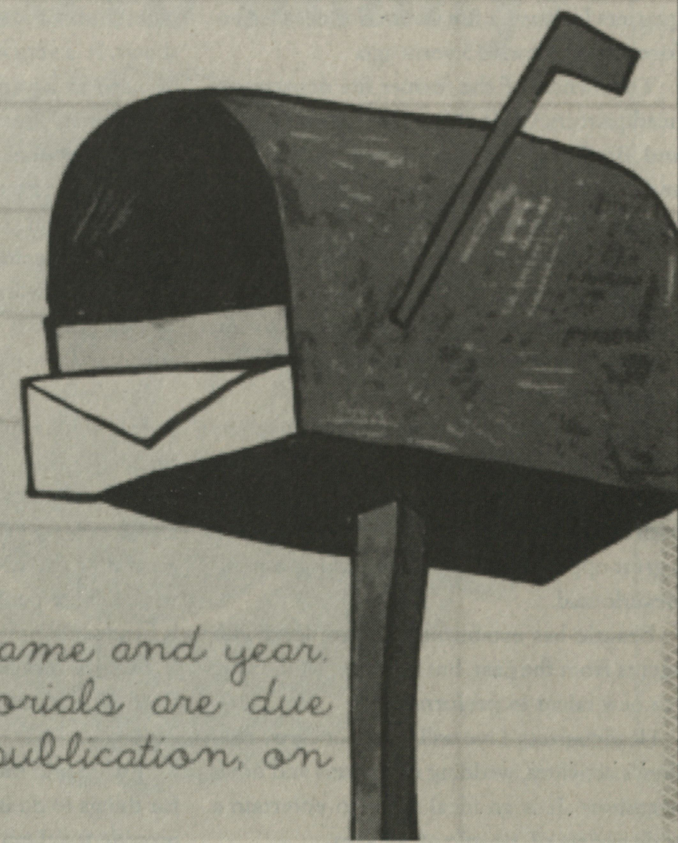
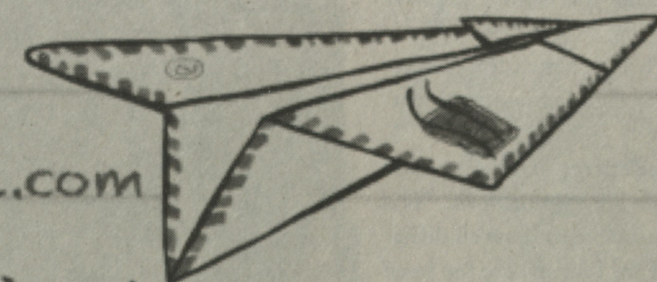
Eddie Huang, stick to food.

The Flyer gives Fresh Off The Boat a 6/10.

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Salisbury University Grad Student Wins Country Artist of the Year



Submitted Photo
Karge managed to win Country artist of the Year while going to school and working on his Master's degree.

MIRANDA WYLIE
Staff Writer

Last year, Salisbury University grad student Eric Karge was nominated in three categories by The Maryland Music Awards including "Country Artist of the Year," "Songwriter of the Year" and "Breakout Artist of the Year." After going through fan voting and making it into the final top five artists, a portfolio of songs was then reviewed by professionals in the industry.

After this rigorous process, on December 12, 2014 Karge was named "Country Artist of the Year" and he does not intend on stopping there.

"When someone wins an award, it opens the eyes of the listener but it also opened our eyes to another side of the state," Karge said. "I think that for this year, my goal is getting a few shows and playing for crowds I haven't played for yet."

As if that was not enough motivation, along with winning "Country Artist of the Year", Karge was named "Young

Alumni of the Month" for February from High Point University. Despite all of these accomplishments happening in such a short time, he still remains humble and honored throughout his rise to fame.

"I play these professional shows, but I'm still Eric who sits in the back of the class, it's almost like living two lives," Karge said. "People recognize me, and I'm like, I'm from a cornfield and I go to Salisbury. When I say I'm a country singer, they're like, 'That's it! You're Eric Karge!'"

Along with booking shows, Karge is currently tackling two important projects. One is a Master's degree in Applied Health Physiology, the other is a rock album dedicated to the men and women in the Marine Corps who serve and protect this country called "For My Brother...and His Brothers".

"For My Brother...and His Brothers" is Karge's first rock album, only purchasable as CD and a portion of the profits will be donated to a military benefit said to be released later this year.

"The army has so many songs; there are no songs about the marine corps," Karge said. "These guys deserve songs so in silence I started writing about the years they went through; it was a way to express myself and their experiences through music."

Karge says writing this album was extremely important to him. It tells the story of his brother who served in the Marine Corps from 2004-2010. Not only is it a personal album, it also shows his versatility as an artist to branch out into different genres.

"I kind of watched (my brother and his friends) from when they were wet behind the ears, to the early stages when they thought they were the biggest baddest dudes in the world, all the way to doing humanitarian missions," Karge said. "I watched them through the combat phase in Iraq and when they came back from Iraq, I watched their demeanor change; I started to learn what post-traumatic stress disorder was about."

As for school, Karge has a very firm grasp on his goal of achieve his M.A. in

Applied Physiology. He puts heavy priority on working hard and maintaining his grades and even sites school as a source of inspiration to constantly grow and expand creatively.

"If you're not writing and creating, you get stale," he said. "When I'm working my brain cognitively, in my opinion it makes me write better."

Even though he has faced challenges and is constantly confronted with the limitations of his balancing act of school and music, he does not lose face. Instead, Karge reminds himself of the dreams and goals he wishes to accomplish and uses them as motivation to keep going.

"When I'm in Nashville I'm doing things that artists with record deals do. I write my own melodies, music and lyrics. It gets tough; you have to compete with guys who can financially do whatever they want," he said. "But you have to think how important is school, how important is music. I think once I get my master's degree, I'll be ready to do everything I want."

Student Health

Changing Tastebuds Changes Habits

SHELBY CARL
Staff Writer

Have you ever wondered how someone could genuinely enjoy eating raw fruits and vegetables when all you craved was pizza and soda? Do you think it is impossible that you will ever desire healthy food instead of processed food? Luckily for you, it's not.

The solution to this transition is as simple as what Dr. David Katz calls "taste bud rehab."

When I was 10, I underwent "taste bud rehab" when my mother and I changed our eating habits from a nutritionally deficient diet comprised almost exclusively of fast food to a raw food diet.

What was most surprising about the change was not what I felt when I took away unhealthy foods, but rather what happened when I tried to add them back in.

As you might expect, eating mostly raw fruits and vegetables increased my energy level, improved my health and gave me a craving for more nutritious foods. However, when I tried to reintroduce junk foods here and there, I could taste the chemicals in processed foods and could hardly stand the strong tastes of salt, sugar and fat they contained.

Throughout my teens, I continued to eat healthily, but much less strictly and without realizing it, my taste buds adapted to that too.

Simply put, taste buds adapt to the foods they encounter most frequently. By sticking to a diet of foods they knew, our ancestor's taste buds helped to ensure their survival, Dr. Katz wrote in U.S. News and World Report.

Furthermore, taste buds became biologically programmed to seek out salt, sugar and fat and trigger reward centers in the brain for finding them. Fat provided the

greatest caloric punch per serving, while sugar provided quick energy and was an indication of food that was safe to eat. Yet, in the modern world these adaptations often serve to shorten, rather than lengthen the lifespan.

Food companies capitalize on human's biological predispositions to crave salt, sugar and fat, manipulating both natural and artificial sources to inject them into processed foods. The more one eats food laden with chemicals, salt, sugar and fat, the more his or her taste buds will show preference to those foods.

According to Dr. Rossy, founder of the Mindfulness Practice Center at the University of Missouri, resetting one's taste buds can take anywhere from six to eight weeks. Rossy recommends slowly and regularly introducing nutritious foods into one's diet while eliminating one or two that are the least healthy to change taste preferences.

In addition to changing what food is consumed, even changing how one views the process of eating can aid in making permanent, healthy lifestyle changes. The University of Missouri website outlines the BASICS of Mindful Eating: Breathe, Assess, Slow down, Investigate, Chew and Savor.

The first step is breathing and performing a hunger check in the stomach. How hungry are you? What are you craving? Next, assess your food. Is it processed or unprocessed? Is it the food you really want? While you eat, slow down, chew completely, and pause between bites. Investigate your hunger halfway through the meal to see if you are still hungry, or if you are full and should stop eating. Throughout the meal, you should always make sure to chew your food thoroughly to aid in digestion. Finally, savor your food.

So, if you are trying to lose weight and make healthy lifestyle changes, maybe you don't need a diet so much as a taste bud rehab.

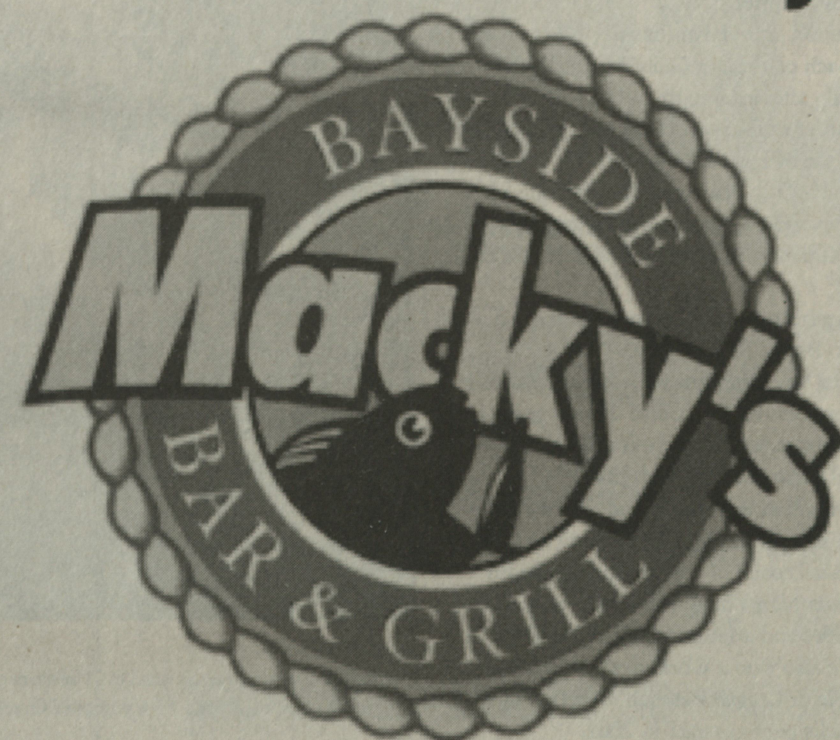
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Headquarters Live opens downtown

MARISSA MEEHAN
Staff Writer

Bright lights and noise fill the room of Salisbury's newest venue. Headquarters Live is the newest addition to downtown Salisbury, adding excitement and giving musical acts a new place to shine.

"Salisbury is a community that needs a venue such as this, Headquarters Live makes it a better place to come visit," junior Destiny Jones said.

Located on South Division Street, Headquarters Live was a fire station for decades before closing down 15 years ago.

The owners of the former fire department headquarters, Chris Gilkerson, Joey Gilkerson and Bradley Gillis approached Jim Beaurle and asked him to lease the downtown structure as a live music venue.

Beaurle is a businessman who has had a lot of experience in music entertainment. He currently owns the Stone Balloon in Newark, Delaware, and the Bottle and Cork in Dewey Beach, Delaware.

"We would love to see Salisbury University students perform at Headquarters Live, we want to see them in a professional setting, with bright lights and a big audience. It can be a great opportunity for any new music artists," Beaurle said.

Beaurle has established connections with agents from the past, but is always on the look for new talent to perform live.

Headquarters Live will host concerts, children's activities, wedding receptions and other occasions. It is an ideal place to entertain a wide variety of people of all ages.

"I want to check out Headquarters Live. I haven't been there yet, but I heard it's nice," said Jess Hensley barista at Main Roots Coffee shop. "It is a good asset to downtown Salisbury, we are trying to promote it as a hangout and the venue helps."

Beaurle uses social media as the main source to promote shows. Most show tickets range between \$8 to \$25 and soon tickets will be available online. The goal of the venue is to become a destination for touring acts in the region.

"The vision I had for the venue was not a night club. It is a place for fundraising, and shows. It is very important for the building to be used in a variety of ways to benefit the community," Beaurle said.

The shows include performers of all ages to attract a variety of people. Some shows are aimed toward older audiences and some shows are targeted for the college community.

"I think it will stay small, but be very popular and known within the town," Hensley said.

A show on March 12th aimed for younger people will have The Fighting Jameson's performing.

"I am taken by the energy of Salisbury and how receptive people are," Beaurle said. "It is great how the town is able to draw all different kinds of people in, I like where the town is headed."

Beaurle recalled that seeing the energy at third Friday encouraged him to build the venue.

"Just seeing thousands of people looking for things to do is exciting and we wanted to provide for them," Beaurle said.



submitted photo
Headquarters Live was packed during a Friday night concert. Headquarters Live features many other events like silent auctions, basket raffles, after parties and theme nights.

BY RICKY POLLITT
Staff Writer
@rickypollitt52

As the final seconds of the 2014 men's lacrosse Division III National Championship game ticked away, the Salisbury Sea Gulls saw their magical season come to an end as they lost to Tufts, 12-9.

However, that loss would start something new – a path for the Sea Gulls – a road to redemption.

Salisbury begins their 2015 campaign with much confidence and determination. Several key players are returning, and head coach Jim Berkman is ready to get back to the big game and compete for the program's 11th title.

"The objective is to compete for a national championship. We've got enough talent that we like our chances down the road," Berkman said.

When the players take the field this season, they will rely on strong defense and fast-paced offense from their attacks and midfielders. Last season's top scorer Mike Kane returns for his senior season with the hopes of taking his game to the next level.

"I always tell the guys to trust themselves, know the system that they play and just go out there and play their game," Kane said. "I'm going to do whatever I can to get us (back to the national championship)."

Perhaps the biggest question mark of the season will be standing in the cage for the maroon and gold. The Sea Gulls lost their veteran goalkeeper Alex Taylor, who had been ranked one of the best goalies in all of Division III, to graduation after last season.

Dan Feeney, a senior from Old Greenwich, Connecticut will be called on to replace Taylor. After making 17 saves and playing 33 minutes in goal last season, Feeney looks to pick up where Taylor left off.

"I've been waiting a long time for this," Feeney said. "(Taylor) taught me a lot over the years. Keep my composure and just have fun out there."

Feeney emerged as the winner of a tight goalie battle between several other candidates. Freshman Anthony Stavakis will take over Feeney's role as the team's primary backup, while senior Connor Anderson will also provide depth at the keeper spot on the roster.

"Dan has paid his dues. He is a hard worker and has been a good program guy. In the last three weeks of fall ball he was outstanding in the cage," Berkman said.

Even with the transition of a new goalie, Salisbury will have the strength and experience of its defense to rely on in big situations.

Men's lacrosse embarks on journey back to the National Championship



Megan Finkle photo

Freshman midfielder Brooks Eibner (no. 39) fights for possession of the ball in Salisbury's 24-1 season opening win on Saturday.

Seniors Knute Kraus and Austin Kemp, as well as junior Danny Sherr, will be in charge of stopping opposing offenses from getting shots off the goal. Led by the veteran trio, the unit ranked 14th in the NCAA last season in goals-allowed-per-game with a mark of 6.57.

"We need to come out and play the game we're capable of," Kraus said. "There's a lot of great tradition with this program, I've been preaching to people to play every play like it's your last. Every time you're on the field you should push it to the limit."

Other players that fans should keep an eye on this season are junior midfielders Thomas Cirillo and Preston Dabbs, sophomore attacks Carson Kalama and Nathan Blondino, and senior long-stick midfielder Marty Wallace.

Kalama and Blondino look to replace former

attacks Luke Phipps and Rhett Depol who made up for 77 of Salisbury's 310 goals last season.

Both Cirillo and Dabbs will also see increased roles this season.

Last season Cirillo provided depth and instant offense, putting up 27 goals and 11 assists in a role off the bench. Dabbs will replace Chris Biank during face-offs this season, an area where last season they performed well with a winning percentage of .535. Dabbs won 50 face-offs last season.

As the team gets ready to start a new year, they will have to take on some top talent if they wish to get back to the National Championship.

"We're playing all of the top teams in the south," Berkman said. "It's extremely com-

petitive."

The Sea Gulls hope to have the same success they had last season in a very competitive Capital Athletic Conference. Salisbury finished with 21-2 overall record, and 6-1 in the CAC.

This season, the Sea Gulls are in good shape to make a run similar to last year. They're ranked third overall in the United States Intercollegiate Lacrosse Association Division III poll and after a 24-1 victory over Greensboro to start the season on Saturday, the goal and mission for the Sea Gulls remains the same.

"Our goal is to win a national championship. We got there last year and came up a bit short, so we need to make sure we finish the job this year," Kraus said.

Veteran team has expectations of reaching the World Series

BY MITCHELL NORTHAM
Sports Editor
@primetimeMith

Like most seasons for the Salisbury University men's baseball team, 2014 was a success as they captured their 12th Capital Athletic Conference title in addition to making a deep run in the NCAA Division III playoffs and an appearance in the Collegiate World Series.

Like most seasons, before the team has even taken the field, the pressure is on the Sea Gulls to do better. With a senior heavy roster in 2015, the players are no longer satisfied with a conference championship and just a cup of tea on the biggest stage – they want to win the whole thing.

"Anything short of the World Series is not acceptable in my eyes," senior left fielder Jordan Gowe said.

This group of seniors under the direction of former head coach Doug Fleetwood captured three straight CAC titles, won a ton of games and appeared in the NCAA tournament every season. Winning has become a tradition for Salisbury on the diamond, and now the hunger for winning on a bigger stage has become synonymous amongst the players.

The new skipper: Fleetwood retired from his position as the head coach of the Sea Gulls' baseball team last spring after leading them to the World Series in order to focus full time on the football team as the offensive line coach. But with new head coach Troy Brohawn, the Sea Gulls plan to pick up and keep going right where Fleetwood left them off, despite a few differences in style.

"It's been a good transition," senior third baseman Bobby Sanzone said. "We've changed a few things in practice and it's a little more competitive. Of course there is going to be different styles, but there is still a tradition here and we're going to keep that."

That tradition is winning, and Brohawn knows a thing or two about chalking up W's. As the head coach of the Cambridge-South Dorchester high Vikings, Brohawn won two region titles and a 1A state title in Maryland in 2013. He also won a World Series as a member of Major League Baseball's Arizona Diamondbacks pitching staff in 2001.

Still, despite his winning resume, the Sea Gulls history of winning and the players' hunger, Brohawn – unlike his players – didn't

want to place any expectations on the team this early in the season.

"I don't like to put expectations on things. Baseball is a funny game sometimes," he said. The players have noticed that Brohawn and Fleetwood's coaching styles are similar –

thing the new coach has implemented is more organization.

"We're running some different plays and it seems like we're more organized. We got wristbands now," Gowe said pointing to his arm that was covered in a white sleeve that

team this season for the Sea Gulls and was an instrumental piece in their success at the plate, hitting for a .343 average, 36 RBI's and a team-high 15 doubles. Gowe wasn't the only strong hitter in the lineup though – seven Sea Gulls who had over 100 at-bats last season finished with batting averages above .300.

"We have a very strong lineup. Every one of us can swing the bat," said Sanzone who led the team in RBI's with 39. "We might have a little more power this year, but however we do it we'll get the job done either way."

In addition the Gowe and Sanzone, the Sea Gulls also return Pre-Season All-American senior outfielder Kyle Hayman, who led the team in batting average with a mark of .426 in addition to 56 runs-scored, which also led the team.

Joining Hayman as an All-American is senior Sea Gull ace Brett Collachi who finished 2014 with a 12-2 record and an earned run average of 2.57. Along with Collachi, the Sea Gulls also return Dan Fein and Connor Shockley to the rotation, both who finished with eight wins last season.

"Our pitching was excellent last year," Gowe said. "You wish for pitching like that every year and we've been lucky to keep most of that pitching staff. In practice it's good for us as hitters and we challenge the pitchers also. We hit it well and they throw it well so it's good for both sides."

In addition to the familiar faces in the rotation and bullpen, the Sea Gulls will have a few fresh faces throwing from the mound, one being sophomore Ryan Daiss who missed last season with an injury.

"We don't necessarily have new faces, but some guys who didn't get a chance to pitch last year will get that shot this year," Brohawn said.

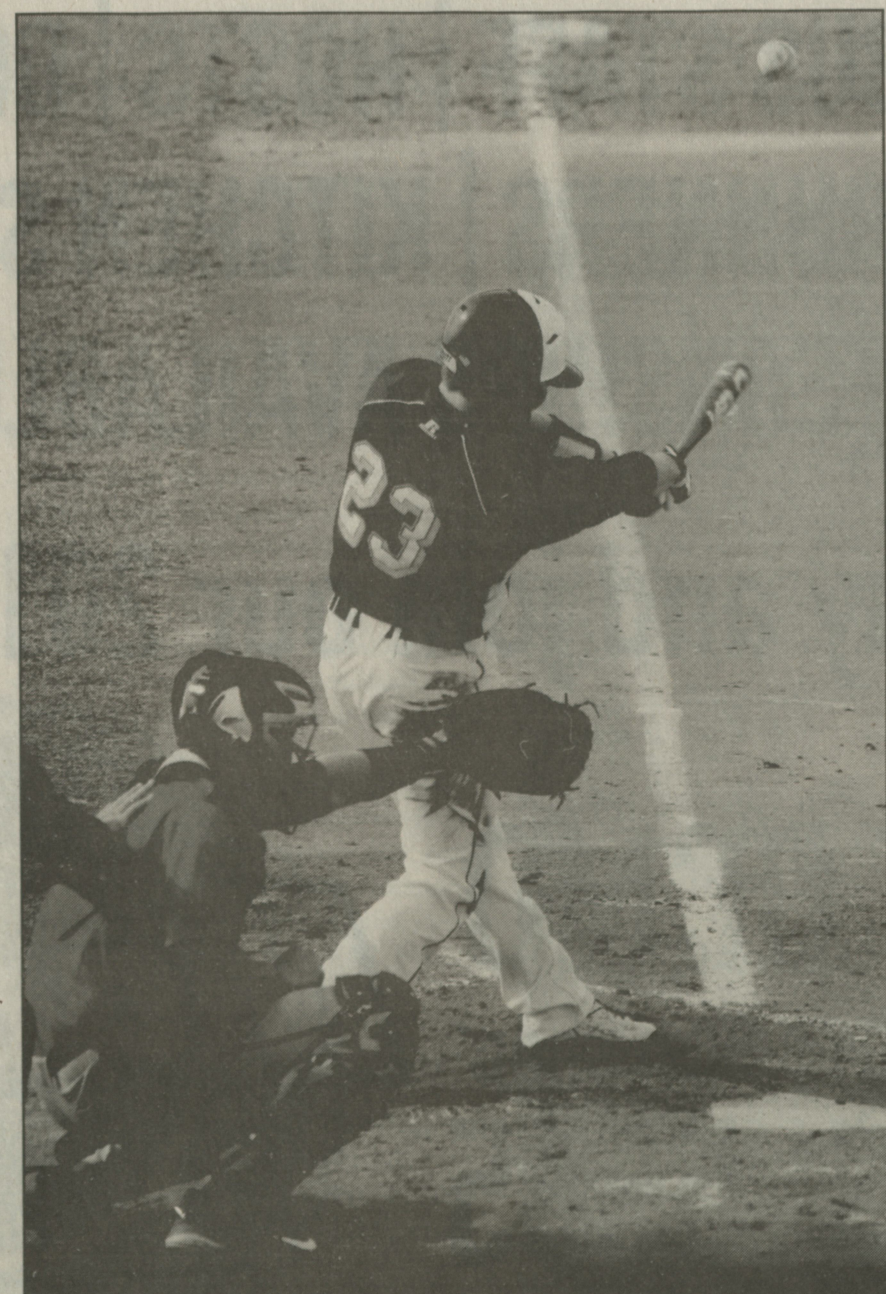
With a veteran roster with what seems like the right amount of fresh and new faces sprinkled in, the Sea Gulls, as usual, are poised to make a run for yet another conference championship, another Division III playoff appearance and yes, even a run at a World Series title.

"We've been working really hard on the field and in the weight room," Sanzone said. "The weather has been kind of bad so we've been inside some, but as a team we're ready to get after it. We're planning to get back to the World Series."

has plays outlined on it.

Veteran pitching and a veteran lineup:

Gowe is one of 11 seniors returning the



Jenna Brown photo

Outfielder Danny Breinin one of 11 seniors on the Sea Gulls' baseball team. He makes contact with a pitch in Salisbury's 13-6 win over Greensboro on Saturday.

which is no surprise as Brohawn played under Fleetwood when he was a player at Cambridge-South Dorchester in the 90's – but one

Opportunity knocks: Straughn goes from intramural MVP to key player on Sea Gulls' basketball team

BY DIAMOND HOLTON
Staff Writer
@PensAndWords

Playing a sport at the college level can be a great experience, but sometimes the opportunity to play is just as important of a factor as a player's talent.

One young man on the Salisbury University men's basketball team called it luck.

Since he was a kid, junior guard Adrien Straughn had always wanted to play basketball – at any level – because it's something he loved to do. So when he transferred from Hood College to SU in 2013, one of his goals was to make the Sea Gulls' varsity basketball team.

Sea Gulls' head coach Josh Merkel and Straughn spoke a few times after he arrived on campus and he knew what kind of talent the guard had. At Hood as a member of the Blazers' basketball team, Straughn neared triple-double territory against the Sea Gulls in a November 2011 match-up, scoring nine points to go with eight rebounds and eight assists.

But, after arriving in the spring, Straughn tried out for the team in the fall and didn't make it.

"We came to an understanding that it was not the right time for him to join the team," Merkel said.

Not making the team didn't stop him though, and Straughn did not give up hope. Instead of joining the Sea Gulls' varsity squad, he played in the intramural league. In two intramural seasons, he won two championships along with a Most Valuable Player award.

In due time, Merkel called him back for another opportunity to join the team and Straughn was willing to start fresh. More than anything, he was just thankful for the chance.

"I knew that if I kept working hard that I would eventually get the opportunity to play and I'm pretty sure that's what Coach Merkel saw. (He saw) that I kept working hard, I didn't give up," Straughn said. "I guess that's why he brought me back because he saw I kept working."

At the start of the season the junior guard missed the first seven games, but has played in the last 14 games – starting two – and averaging 18.3 minutes-per-game with 2.9 rebounds, 2.3 assists and 4.1 points-per-contest. Despite his low stat lines, Straughn has become an asset to the team as depth at the guard positions with the ability to put his teammates in position to score, his ability to attack the glass and his knack for picking opposing players' pockets, leading the Sea Gulls in steals with 19.

"Adrien is very fast and strong and a great rebounding guard. He's very unselfish," Merkel said. "He's a great charge taker and he's also very good at getting into the lane, finding others and he is a good shooter."

In addition to finishing his playing days as a Sea Gull, Straughn has hopes of continuing with basketball and following in the steps of Merkel to become a coach.

"I hope I can get into coaching because I'd rather coach it now than actually play after college," he said. "If the NBA opportunity is there, I'll take it."

But among Merkel, his NBA idol Chris Paul and all of the people Straughn looks up to, no one tops the influence and never-ending support of his mom.

"I love my mom to death. She calls me before and after every game wishing me good luck," Straughn said. "I play for her."

For Straughn, the Sea Gulls' basketball team feels like a family. His teammates are not only that, but his friends too. He refers to them as his "brothers" and the rest of the team feels the same way about him.

"Playing with Adrien is a lot of fun because he brings a different dimension to the game and he's a fun guy," junior forward Jacory Gillum said. "I mean we're just goofballs and comfortable around each other and that's the fun part about being brothers."

So while Straughn is thankful for the opportunity to play competitive basketball at a high level again, his teammates are thankful for the opportunity to be his teammate, on and off the court. Perhaps it's no coincidence that the Sea Gulls are 11-3 since Straughn joined the team and put on the maroon and gold.



Jenna Brown photo

Adrien Straughn (no. 33) takes a shot from the charity stripe in the Sea Gulls' 85-69 win over Mary Washington on Saturday. The junior guard had two points, two rebounds and two assists in the win.

Salisbury graduate Dan Quinn becomes head coach of Atlanta Falcons

BY MITCHELL NORTHAM
Sports Editor
@primetimeMith

As the defensive coordinator for the Seattle Seahawks, Dan Quinn led the charge in building a defensive unit that took two consecutive trips to the NFL's Super Bowl.

They won one and lost the second – last Sunday to the New England Patriots – but the Seahawks were the first team to make trips to consecutive trips to the Super Bowl in over 10 seasons. Quinn – a graduate of Salisbury University – was the puppeteer behind the defense that paved the way for those trips and as of last Tuesday, he will be tasked with leading a team to a Super Bowl – not just constructing a great defense.

Less than 24 hours after the loss in the Super Bowl Quinn was on his way to Atlanta. The next day, he agreed to terms on a five year deal to make him the coach of the Atlanta Falcons, making him the first former Sea Gull to become the head coach of an NFL team.

"Dan was an outstanding leader and student-athlete in his time as a Sea Gull and we could not be happier for him on this day as he takes the next step in a great coaching career," Salisbury Director of Athletics Dr. Michael Vienna said in a statement from the Salisbury Sports Information Department.

A career in football all started for Quinn, 44, when he was a member of the Sea Gulls' football and track and field teams from 1989 to 1994 when it was then known as Salisbury State University.

Quinn played football through five seasons and was an anchor on the defensive line for his final three years in Salisbury where he competed in 28 games during that time while racking up 135 tackles, 54 of which were solo stops, eight tackles for loss, a sack, two forced fumbles, one fumble recovery and one interception, which he returned 33 yards for a touchdown.

Quinn was the leader of the Sea Gull defense during that time and served as a team captain in 1992 and 1993. As a member of the track and field team, Quinn was a captain in 1994 and broke the school record for hammer throw at 168.8 feet that stood until

2012.

In 2005, Quinn became one of nine former Salisbury football players to be inducted into the Salisbury Athletics' Hall Of Fame. A native of Morristown, New Jersey, Quinn then got his coaching start at William and Mary University as a defensive line coach but learned a lot about coaching from his time at Salisbury and watching other coaches.

"I knew I wanted to be a coach so every coach that was there (at SU) I had my eye on, I saw how hard those guys played, so you knew that (their effort and style) came from the top," Quinn said last year in an interview with The Flyer's Editor-In-Chief Jacob Troxell. "I had a lot of respect for (head men's lacrosse coach) Jim Berkman. Here's a guy who can totally handle his program."

After a year at William and Mary, Quinn moved on to coach at Virginia Military Institute and then to Hofstra under the same positions before landing his first NFL job as a defensive quality control assistant with the San Francisco 49ers in 2001. From there, Quinn bounced around the league coaching the defensive lines for the Miami Dolphins, New York Jets and the Seahawks under head coach Jim L. Mora in 2009 and 2010.

Quinn then went back to college football and became the defensive coordinator for the University of Florida in 2011 and 2012 before current Seahawks' head coach Pete Carroll offered him the defensive coordinator job in Seattle.

"Dan Quinn being named head coach for the Atlanta Falcons is the most amazing accomplishment in the history of Salisbury University football. Dan is the true example of excellence," Head Salisbury University Football Coach Sherman Wood said. "Dan's achievements will help to raise the profile of Salisbury University football even more, as prospective student-athletes will know of us not only as an outstanding Division III program, but also the jumping off point to the career of an NFL head coach."

Salisbury University Sports Information submitted photo

Quinn (bottom left) with teammates during his playing days as a defensive lineman for SU.



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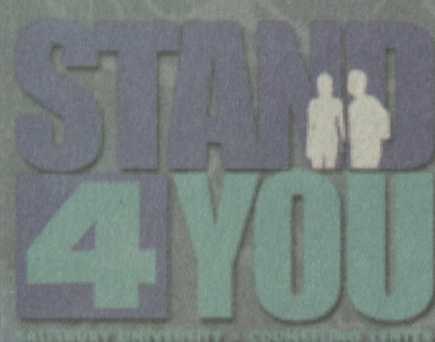
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11 a.m. - Fair Opens with 4 Stations to Win Prizes
*Visit all 4 and get raffle tickets in the Link of Nations



1 p.m. - A Reason To Live Documentary
Learn about the impact suicide attempts have on family
and friends from real life survivors. (Guerrieri Center, Wicomico Room)

2 p.m. - Bullied Documentary
Learn the terrible toll bullying can take on its victims
(Guerrieri University Center, Wicomico Room)

3 p.m. - QPR Training
Learn How to Question, Persuade and Refer Someone Suicidal
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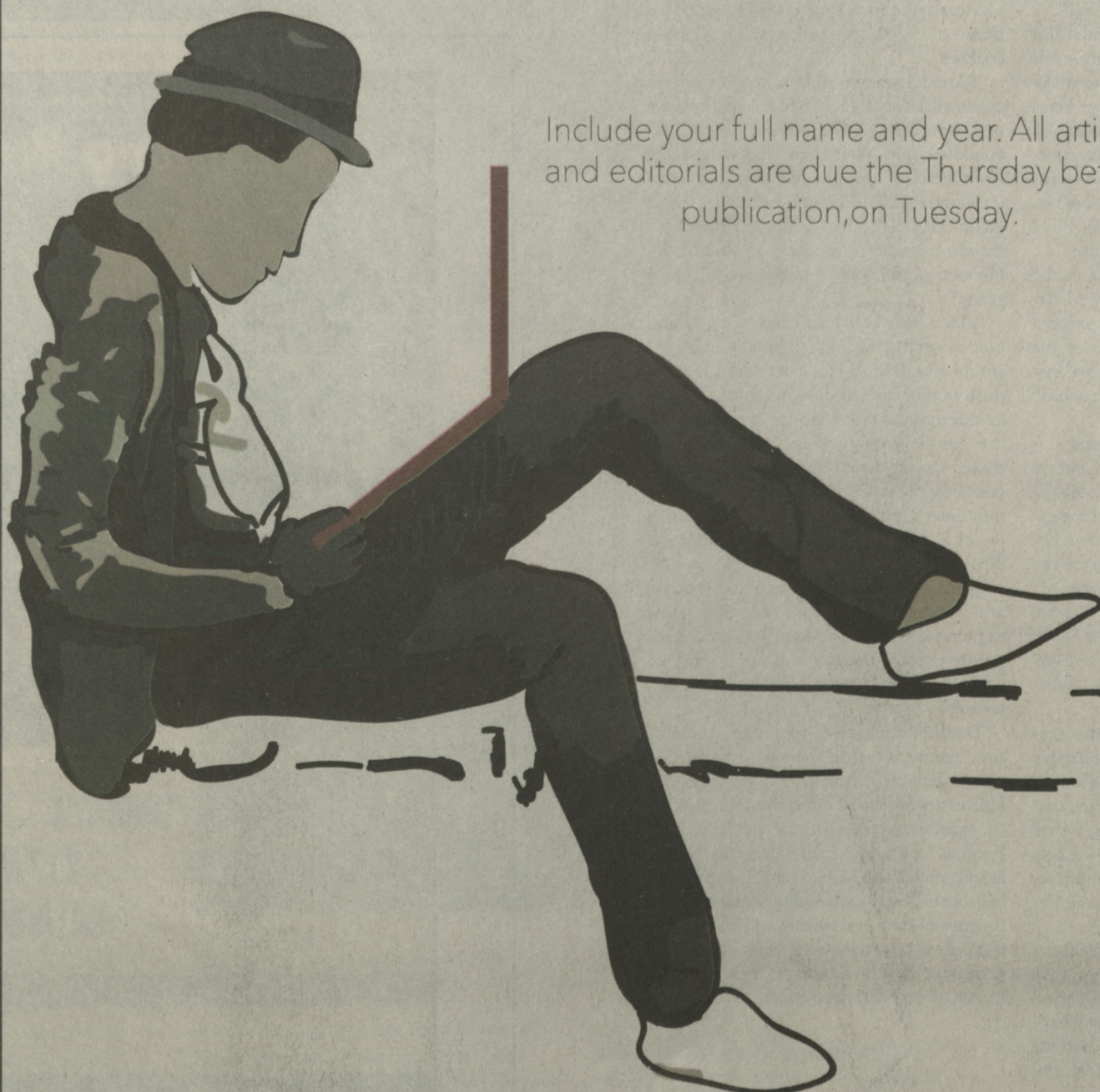


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